

# Recovery College Timetable

# January & February 2024

| Workshop                                     | Sessions | Date  | Time*                               | Venue**   |
|--|----------|---|-------------------------------------|---|
| WRAP (Wellness Recovery Action Plan)         | 2        | 19 <sup>th</sup> & 20 <sup>th</sup> February 2024   | 9.30-4.30pm                         | The Valley Leisure Centre, N'Abbey  |
| Introduction to Recovery College             | 1        | 9 <sup>th</sup> January 2024<br>29 <sup>th</sup> February 2024                                  | 10.30-11.30am<br>11.30-12.30pm      | Online<br>Online  |
| Let's talk about Hope                        | 1        | 11 <sup>th</sup> January 2024<br>25 <sup>th</sup> January 2024                                  | 10.30-12pm<br>10.30-12.30           | Online<br>Involve House, Magherafelt  |
| Coffee & Connect                             | 1        | 16 <sup>th</sup> January 2024<br>1 <sup>st</sup> February 2024<br>8 <sup>th</sup> February 2024 | 10.30-11.30<br>2-3pm<br>10.30-11.30 | Tim Hortons, the Junction, Antrim<br>Tim Hortons, The Junction, Antrim<br>Tim Hortons, The Junction, Antrim |
| 5 Ways to Well-Being                         | 1        | 16 <sup>th</sup> January 2024<br>20 <sup>th</sup> February 2024                                 | 2-3.30pm<br>10.30-12.30             | Online<br>Adair Arms Hotel, Ballymena   |
| Assertiveness                                | 1        | 16 <sup>th</sup> January 2024   | 10.30-12pm                          | Online  |
| Building Resilience                          | 1        | 18 <sup>th</sup> January 2024<br>27 <sup>th</sup> February 2024                                 | 10.30-12:30pm<br>10.30-12pm         | Cookstown Leisure Centre<br>Online  |
| What is WRAP                                 | 1        | 22 <sup>nd</sup> January 2024   | 2.30-3.30                           | Online  |
| Being Mindful Everyday                       | 2        | 23 <sup>rd</sup> & 30 <sup>th</sup> January 2024  | 2-3.30pm                            | Online  |
| An Introduction to Anxiety                   | 2        | 30 <sup>th</sup> January & 6 <sup>th</sup> February   | 10.30-12pm                          | Online  |
| Let's talk about Recovery                    | 1        | 1 <sup>st</sup> February 2024   | 10.30-12pm                          | Online  |
| Gratitude                                    | 1        | 5 <sup>th</sup> February 2024<br>27 <sup>th</sup> February 2024                                 | 2.30-4pm<br>10.30-12.30pm           | Online<br>Holiday Inn, The Junction, Antrim   |
| Mindful Self-Compassion                      | 1        | 6 <sup>th</sup> February 2024   | 2-3.30pm                            | Online  |
| Managing Stress                              | 1        | 6 <sup>th</sup> February 2024   | 10.30-12.30pm                       | Larne Leisure Centre  |
| Self-Care                                    | 1        | 8 <sup>th</sup> February 2024   | 2-3.30pm                            | Online  |
| Let's talk about Loneliness                  | 1        | 8 <sup>th</sup> February 2024<br>22 <sup>nd</sup> February 2024                                 | 10.30-12.30pm<br>10.30-12.30pm      | CRUN, Coleraine<br>Involve House, Magherafelt   |
| A Mindful Stroll                             | 3        | 22 <sup>nd</sup> , 29 <sup>th</sup> February, 7 <sup>th</sup> March 2024                        | 2-4pm                               | Antrim Castle Gardens, Antrim   |
| Sleep  | 1        | 25 <sup>th</sup> January 2024<br>26 <sup>th</sup> February 2024                                 | 2:30-4:30pm<br>10.30-12pm           | Holiday Inn, The Junction, Antrim<br>Online   |
| Looking after myself while caring for Others | 1        | 26 <sup>th</sup> February 2024  | 2-3.30pm                            | Online  |
| No more labels                               | 1        | 29 <sup>th</sup> February 2024  | 2-4pm                               | Involve House, Magherafelt  |

\*Courses will last approximately 1.5 hours unless otherwise stated

\*\* Courses are listed whether they are online or in community venues

\*\*Venues & dates are subject to change

